

# FORGING THE FUTURE:



Visit the NEHC Health Promotion Home Page  
<http://www-nehc.med.navy.mil/hp/index.htm>

## Friday FACTS

26 January 2001

"Leadership, Partnership, and Championship"

Subscribe to this publication  
by visiting our web site.  
Click on "Friday Facts"

### Population Health: Promotion Prevention Protection



#### "DoD Population Health & Health Promotion Conference"

The Army, Air Force, and Navy are joining forces and resources to offer the first-ever Combined DoD Population Health & Health Promotion Conference. Hosted under the broader NEHC 41<sup>st</sup> Navy Occupational Health and Preventive Medicine Workshop, the conference will feature speakers from the DoD community, as well as national and international speakers who are experts in their respective fields. "Population Health: Promotion, Prevention, Protection" serves as the theme for both the NEHC Workshop and the DoD Population Health & Health Promotion Conference.

The conference will be held at the Town & Country Resort and Conference Center, San Diego, CA. The agenda starts on 10 May with several pre-conference training courses offered prior to the actual conference opening on 14 May. The agenda ends at 1140 on Friday, 18 May, with Greg Tamblyn, a nationally known, guitar-playing humorist singing the praises of humor and health and Dr. David Hunnicutt, President and CEO of WELCOA, addressing "The Art of the Possible". You will want to close out your conference week with these two talented presenters, so make your travel plans according!

The entire agenda and course/session descriptions for the NEHC Workshop will be available on the NEHC Workshop Website (<http://nehc-workshop.med.navy.mil/ws-docs/home.htm>) on 31 January. Additional information, such as hotel, travel, online registration, etc. can also be obtained at the same site. Online Registration begins 1 February. The agenda for just the DoD Population Health & Health Promotion Conference will be posted on the NEHC Health Promotion Homepage (<http://www-nehc.med.navy.mil/hp/tc/index.htm>) by Friday, 2 February.

#### Stroke risk and over-the-counter remedies:

The Food and Drug Administration (FDA) has asked drug companies to stop marketing popular appetite suppressants and cold remedies containing an ingredient linked to a form of stroke in women. FDA officials say they are taking steps to remove phenylpropanolamine (PPA) from over-the-counter and prescription medications, and they advise consumers to consult their pharmacists and healthcare providers about other options. Products with PPA include the appetite suppressants Acutrim and Dexatrim and the cold remedies Alka-Seltzer Plus, Dimetapp and Triaminic. For more information on over-the-counter drugs and safety, see:

Web site of the U.S. Food and Drug Administration  
<http://www.fda.gov/>

#### "Crews into Shape."

Commands in Pensacola, Pascagoula, Groton, Portsmouth Naval Shipyard, Okinawa, Norfolk Naval Base, have put groups together for the March Challenge "Crews into Shape." How about you? The 4-week challenge to exercise 5 times/week, maintain or achieve a weight goal and eat a combination of 5 or more fruits and vegetables/day will run from March 4 to 31. Go to our web for more details and email Mary Kay at [Soleram@nehc.med.navy.mil](mailto:Soleram@nehc.med.navy.mil) to register and receive the leader packet.



#### 20 Ways to Better Health in Minutes

The January 2001 issue of *Better Homes and Gardens* has an interesting article worth reading! See how many of the 20 ways to better health you and your command are using!

*"The only way to  
discover the limits of the  
possible is to go beyond  
them into the  
impossible."*

*Arthur C. Clarke*